

THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

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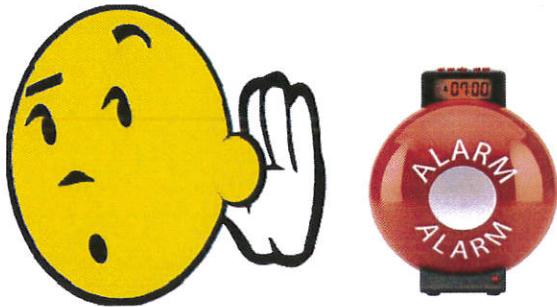
VOLUME 2016-1 & 2

January/February 2016

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319



Are you deaf or hard of hearing? Will your smoke alarm system protect you in the event of a fire?

The Wellfleet Fire Department, in cooperation with the Massachusetts Department of Fire Services is pleased to offer free replacement smoke alarm systems for the deaf and hearing impaired!

These systems are specially designed with visual, tonal and vibration alerts for those who cannot hear traditional systems. Please call Lieutenant Joseph Cappello at 508-349-3754 for more information.

The MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM (Mass EDP) is a service that provides residents with a permanent disability access to the telephone network in their homes. By offering specialized telephones for free or at a reduced cost, depending on income, this program fosters independence, empowerment & freedom of choice. As long as an individual resides in Massachusetts & has a permanent disability that affects the use of a telephone in their home, he or she can participate in the program. A person who is blind or deaf/blind or has cognitive or motion disability is eligible for free installation. This program is strictly related to residential adaptive telephone devices. We have applications at the COA, or you can obtain one online at www.MassEDP.com or by calling 1-800-300-5658.

Are you remembering to check-in to **MySeniorCenter**, when you enter the COA? The more you scan, the more you help to drive up the attendance numbers which, in turn, helps us to get more grant money. **Congratulations to these "super-scanners" ~ they will be enjoying a complimentary Iris's Café luncheon!** **ARLEEN BARNHOUSE & ARA ISHKANIAN !!!**

DATES TO REMEMBER ~ COA CLOSED

Friday, January 1st ~ New Year's Day

Monday, January 18th ~ Martin Luther King, Jr. Day

Monday, February 15th ~ President's Day

We have partnered with Funtastic Getaways in Falmouth to offer exciting travel opportunities. Day and overnight trips available. Please stop in at the COA to browse the Funtastic booklet.



INCLEMENT WEATHER REMINDER: When the snow flies, please know that we operate on the same schedule as the Nauset School System – **if schools are cancelled for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED AS WELL, INCLUDING TRANSPORTATION.** The COA will be open unless Wellfleet Town Hall is closed. Cancellations are broadcast on local radio and TV stations. Additionally, we often need time in the morning to get the walks and parking lots clear. For everyone's safety, we recommend you **CALL US FIRST** during bad weather before venturing out.

ALSO: We have a list at the COA of people for hire to plow and shovel. Call us!

♥ FOR YOUR HEALTH

♥ **ASK A NURSE** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 12:30 – 2:30 PM:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health & wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. January 15 & 29, February 12 & 26.

► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, January 20 and Wednesday, February 17 at 4 PM.* In this seminar, she will focus specifically on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **FUEL ASSISTANCE:** *Fuel assistance is available to income-eligible applicants. Confidential appointments available with Terri or Linda. Please call for more information regarding documents needed to file.*

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **LEGAL ASSISTANCE:** *60 years of age or older* ~ By appointment on the second Wednesday of the month, from 10 – Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. January 13 only.

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday – Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.



► FOR YOUR ASSISTANCE (cont.)

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.

🍏 FOR YOUR DINING PLEASURE

🍏 **CONGREGATE LUNCHEON:** 60 years of age or older - every Wednesday at noon. Reservations required the day before by 11 AM ~ 508-349-2800, Ext. 207. Suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands.

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍏 **SOUP TO GO:** Available on Mondays, packed to travel, \$4.00/ pint ~ menu on last page of The Wave.



★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, January 12 and Thursday, February 11, 10:15 - 11:15.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELLFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the second Monday of every month. Please call Kip Detlef at (508)349-6805 for more information. January 11, February 8.

★ **WELLFLEET WAVE BOOK CLUB:** **January 21, 1:30 ~ Lila by Marilynne Robinson** ~ "Lila is a book whose grandeur is found in its humility. That's what makes Gilead among the most memorable settings in American fiction . . . Gilead [is] a kind of mythic everyplace, a quintessential national setting where our country's complicated union with faith, in all its degrees of constancy and skepticism, is enacted." (*The Wall Street Journal*) **February 18, 1:30 ~ The Boys in the Boat by Daniel James Brown** ~ "Cogent history...and a surprisingly suspenseful tale of triumph." (*USA Today*)

☺ FOR YOUR WELL-BEING

☺ **ARTHRITIS FOUNDATION EXERCISE CLASS WITH MELISSA SHANTZ:** Monday & Wednesday, 8 WEEK SESSIONS ~ *Next session resumes in the Spring....look for start date some time in March or April!!!*

☺ FOR YOUR WELL-BEING (cont.)

Balance/General Exercise & Strength Training with Melissa Shantz

10-WEEK EXERCISE SESSIONS

Next session ~ January 4 - March 11 (perfect for your New Year's Resolution!!!)

FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:

FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING

CLASSES ONLY ~ discounted rates for multiple sessions ~ **1X per week** for \$50, **2X per week** \$70, **3X per week** \$85, **4X per week** \$100 ~ **Drop-in's welcome, \$7 per class**
drop-in rate ~ mid-session drop-in's will NOT be pro-rated.

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 - 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day **except Thursday**, 8:45 - 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ **\$7.00 per class.**

Note: Physician's approval absolutely required for all exercise classes!

☺ **VIBRANT HEALTH WITH DR. RHYS PRESTON** ~ Informative monthly workshops with Dr. Rhys Preston ~ chiropractor, certified personal trainer and nutrition counselor. Dr. Preston will provide you with practical applications to begin your journey of health and wellness, with a different informative topic to share, based on his philosophy that "*healing is a journey not a destination*". **January 28, 1:45 - 3 PM ~ Balancing Female Hormones Naturally** ~ Are you suffering from symptoms such as hot flashes, low energy, food cravings, anxiety, depression, or irritability? These symptoms come from issues related to female hormones. Balancing female hormones is crucial because hormones provide vitality, stamina, and cognition. They also protect against heart disease, osteoporosis, and cancer. Join Dr. Rhys Preston for a discussion of natural ways to balance female hormones

February 25, 1:45 - 3 PM ~ Getting Back to the Basics of Health ~ 25 million people experience heartburn on a daily basis. 25 million adults will develop a peptic ulcer in their lives. The top three diseases are cancer, heart disease and Type II diabetes. Come learn about cost effective preventative measures to these common diseases. Empower yourself with the knowledge that your health choices are in your control.

PLEASE CALL THE COA TO RESERVE YOUR SPOT FOR THESE FREE, INFORMATIVE WORKSHOPS!!



◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ January 12, February 9. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2nd & 4th Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Mary for more information at 508-237-6766. January 14, 28 & February 11, 25.

◆ **CAREGIVER'S SUPPORT GROUP:** If you are a caregiver for someone in the Outer Cape area, you don't have to go it alone. This COA sponsored support group can be a powerful tool, providing participants with many benefits. Comprised of fellow caregivers and knowledgeable group leaders, there is a wealth of information, resources and peer support available. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. January 5, 19 & February 2, 16.

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIASON:** *Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. George attended Massachusetts Maritime Academy & Pensacola Christian College. George lives in Eastham and has worked for the Wellfleet Police Department for 11 years. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, etc., just to chat. He has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.*


◆ **WELLFLEET POLICE DEPARTMENT REASSURANCE PROGRAM** ~ This program provides daily contact to make sure that a person is doing well. How does the program work? Everyday you will call the Wellfleet Police Department at (508) 349-3702 and speak with the dispatcher by 10:00 AM. If the dispatcher does not hear from you a call will be made to your residence to check on you. If the dispatcher is unable to reach you, a police officer will be sent to your residence to check on you. If you aren't home, they will leave a note asking you to call in upon your return. Why should you consider enrolling in this program? It is free, and you get to talk with a friendly dispatcher on a daily basis. If you live alone it will give you daily contact with someone, which is reassuring to your family. Did we mention that it is free and the police occasionally deliver gifts around some holidays? And don't worry, because *No, the police don't get upset if you forget to call!!* You can start and stop the program on a temporary basis if you are away on vacation, or have family visiting. Please feel free to contact a dispatcher at the Wellfleet Police Department or a member of the COA if you have any questions or concerns.



January 2016 ~ COA Activities

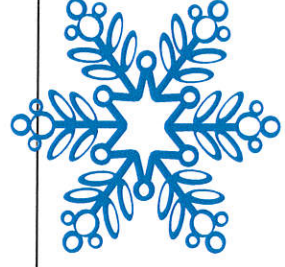
Monday	Tuesday	Wednesday	Thursday	Friday
GREAT POND ARTIST OF THE MONTH: <i>Wellfleet Historical Society</i>				
NEW 10-WEEK SESSION FOR EXERCISE BEGINS 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	5 8:45 Strength Training 10 Caregiver's Support Grp.	6 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse		
11 8:45 Strength Training 10:15 Balance/Exercise 2 Red Hat Society	12 8:45 Strength Training 10:15 Denya LeVine 3 Intergenerational Music Alzheimer's/Dementia Caregiver's Support Grp.	13 8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Friends of the COA	14 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	15 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
18 CLOSED TODAY FOR MARTIN LUTHER KING, JR. DAY	19 8:45 Strength Training 10 Caregiver's Support Grp.	20 8:45 Strength Training 9 COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?	21 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club - <i>Lila</i> 2 Scrabble	22 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
25 8:45 Strength Training 10:15 Balance/Exercise 2 Red Hat Society	26 8:45 Strength Training	27 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	28 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble	29 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
				1 CLOSED FOR NEW YEAR'S DAY
				8 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge

February 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	2 8:45 Strength Training 10 Caregiver's Support Grp.	3 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	4 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	5 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
8 8:45 Strength Training 10:15 Balance/Exercise 2 Red Hat Society	9 8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.	10 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	11 8:45 Stretch & Strengthen 10 Bereavement Support 10:15 Denya LeVine Inter- generational Music 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	12 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
15 CLOSED TODAY FOR PRESIDENT'S DAY	16 8:45 Strength Training 10 Caregiver's Support Grp.	17 8:45 Strength Training 9 COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?	18 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>The Boys In The Boat</i> 2 Scrabble	19 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
22 8:45 Strength Training 10:15 Balance/Exercise	23 8:45 Strength Training	24 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	25 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble	26 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
29 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise				

GREAT POND ARTIST OF THE MONTH

Heather Pilchard



Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Carol Magenau ~ Chair
Evelyn Sheffres ~ Vice-Chair
Patricia Shannon ~ Secretary
Ernie Bauer
Paul Goetinck
Sarah Multer
Fred Nass
Brian Quigley
Evelyn Savage
Maureen Schraut ~FCOA Liason
Robin Slack

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Sandy Wonders ~ Clerk
Meredith Blakeley
Greta Einig
Peter Hall
Sarah Multer
Marge Piercy
Roger Putnam

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert,
reservations required by Wednesday**

Jan. 7th	Curried chicken, sweet rice w/cranberries, vegetable
Jan. 14th	Vegetarian lasagna rolls, mixed green salad
Jan. 21st	Pan fried cod, mashed sweet potato, vegetable
Jan. 28th	Savory stuffed pork loin, baked potato, vegetable
Feb. 4th	Vegetable stir fry with coconut rice
Feb. 11th	Valentine's Day ~ roast turkey breast, mashed potato, butternut squash
Feb. 18th	Salmon teriyaki, cauliflower gratin, vegetable
Feb. 25th	Meatloaf, mashed potato, peas

IRIS'S SOUP TO GO

Prepared on Monday, packed to travel ~ \$4.00 pint

Jan. 4th	Portuguese kale	Feb. 1st	Corn chowder
Jan. 11th	Vegetarian chili	Feb. 8th	Chick pea & tomato
Jan. 19th	Chicken w/rice <i>(Tuesday due to holiday)</i>	Feb. 16th	Minestrone <i>(Tuesday due to holiday)</i>
Jan. 25th	Yellow split pea with spinach	Feb. 22nd	Vegetable with lentils
		Feb. 29th	Clam chowder

**WANTED: Dishwasher for Iris's Café, beginning April 1st.
Free lunch for volunteering....and good company!**